

EMH Breastfeeding Support Group

March 2008



Support Group Happenings

Support group's basket to benefit Second Harvest is starting to fill up. The basket will be raffled off the third week of this month. If you have not brought an item for the basket, you still have time! If you would like to donate cash instead of a small item, Tina is willing to collect money to purchase a helium tank to put with the birthday basket. We hope to fill up the basket to benefit a great cause.

I would like to extend special thanks to Nikki Harsa, Jenny Taylor, Cindy Spillman, and Christy Wolshuck for their help in making this issue possible. I would also like to take time to remind everyone that you are welcome to contribute to our group's resource. If you would like to write an article or submit an idea for an article, please contact me at

emhbfnewsletter@gmail.com

~Kristy Bialko



Kaitly Harsa
Enjoying her Dinner

Breastfeeding Myths

By: Cindy Spillman

Myths about breastfeeding are rampant in this day of age. Sadly, a lot of women don't even try to breastfeed their babies, or give up immediately due to feelings of inadequacy, lack of knowledge or misinformation from their, family, friends, and even doctors. A number of doctors know very little about it and in fact, some end up adding to the myths that keep women from breastfeeding. The following are the myths and facts about breastfeeding that may help women make informed decisions about nursing their babies.

Myth: Many women do not produce enough breast milk.

False! The majority of women produce more than enough milk. Actually, an overabundance of milk is very common. Actually, the majority of babies that gain weight too slowly, or lose weight, do so because the baby is not taking the milk the mother has most likely because the baby isn't properly latched onto the breast. This is why it is so important that the mother be properly educated by a lactation consultant.

Myth: There is not enough milk during the first 3 or 4 days after birth.

False! It often seems like the baby isn't getting enough because the baby isn't latched on properly. Once the mother's milk comes in, a baby can latch on poorly and still may get plenty of milk. However, during the first few days, the baby who is latched on poorly cannot get enough milk. By not latching on correctly, the baby is unable to get the mother's colostrum.

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Breastfeeding Myths, Continued from Page 1

Myth: Pumping is a good way of knowing how much breast milk you are producing.

False! How much milk the mother can pump depends on many factors, including the mother's stress level. A baby who nurses well can get much more milk than the mother can pump. Pumping only tells you how much you can pump not the actual amount you have to nurse.

Myth: Formulas are almost the same as breast milk.

False! Breast milk contains all the nutrients that a baby needs; formulas contain no antibodies, no living cells, no enzymes, and no hormones. Formulas contain much more aluminum, manganese, cadmium, iron and significantly more protein than breast milk. The proteins and fats are different from those in breast milk. Your breast milk is made as required to suit your baby, whereas, formulas are made to suit every baby, and thus no baby.

Myth: If the mother contracts an infection she should quit breastfeeding.

False! With very few exceptions, continuing to breastfeed will protect the baby. By the time the mother has the symptoms of being sick she has already given the baby the infection, since she has been infectious for days before she even knew she was sick. The best protection against the baby getting the infection is to continue breastfeeding. If the baby does get sick, he will be less sick if he continues breastfeeding and will likely get over the infection quicker.

Myth: My breasts will sag if I nurse

Even if this were true; it is a very selfish reason for not breastfeeding. Genetics and body type determine if your breasts will sag and pregnancy itself often causes sagging, not breastfeeding. Breasts are meant for more than to be something of attraction. The original purpose and important function of breasts is to produce and deliver the optimal food for babies.

Myth: I Can't Work and Breastfeed

Yes you can! Many companies are starting to make it easier for mothers to pump milk and incorporating lactation rooms. It is to their benefit, because recent studies have show that breastfed babies have 35% fewer illnesses than formula fed babies, resulting in a 27% decrease in the absence rate for their mothers.

Myth: A breastfeeding mother needs to watch everything she eats.

False! A nursing mother should try to eat a well balanced diet, but doesn't need to eat any special foods or avoid certain foods. You don't need to avoid spicy foods, garlic, cabbage or alcohol. You should eat a normal healthful diet. Although, there are a few situations when something you eat may affect the baby, which is unusual. Commonly, "colic", "gassiness" and crying can be improved by changing breastfeeding techniques,

Calling All Lactivists!!!

The Lorain County Breastfeeding Coalition would like to invite anyone interested in helping promote breastfeeding to our next meeting. The next meeting will be held in classroom 1 or 2 at community health partners on Thursday, April 3 at 1:30 p.m. Some projects we are currently working on include: educating of local high schools on breastfeeding, distributing breastfeeding information card to health providers, finding local breastfeeding friendly establishments, World Breastfeeding Week Celebration at Cleveland Metro parks Zoo and as always promoting and educating the public on breastfeeding. Membership is free and if you would like more information please email me at either kristyengle@hotmail.com or emhbfnewsletter@gmail.com.

We would also like you to visit our website at www.loraincobreastfeeds.org to view updates provided by Matt Bialko and the Lorain county JVS computer students under guidance of Tina Crosey.

Baby Sign language

By: Nikki Harsa

Remember how excited you were the first time your baby reached out for you? It was the first natural form of communication between mommy and baby. Babies naturally use their hands in an attempt to “talk” before they can speak. In fact, infants develop the fine muscles in their hands before they develop those required for speech. Babies invent their own “signs” to get the meaning across, such as clapping her hands in excitement, shaking her head in objection, pointing at the toy that she wants, or grabbing at those poor ears when there’s an infection in there. Wouldn’t it be nice if your baby knew of more ways to tell you what he’s thinking, feeling, or trying to express? Have you thought of teaching your baby sign language?

It’s very easy to encourage this natural communication, expanding on those signs, introducing them to your baby, and using sign language as a form of daily communication. Signing with babies has been proven to be beneficial to speech acquisition. In addition, recent studies show children who had signed as a baby consistently scored higher on standardized tests in receptive language development and expressive language development- plus, its fun for mom and babe! Babies learn signs at different ages, just like learning to walk, talk, or sit up without support. You can start signing anytime, and watch how intrigued your baby will be with the different hand movements.

You don’t have to be an expert signer or proficient in the American Sign Language; just pick a few phrases or words to start with that are interesting to your baby. Babies will most likely show an interest to sign with you, if you focus on words that interest her; cookie, play, dog etc. The most common signs to begin with are need based, such as eat, milk, more, etc. No matter what you choose to do, make it fun! Enjoy the deep sense of connection you feel when you begin to have two-way conversations.

Signing with baby is a bridge to speech. Say the word as you sign for it, every time. It’s important to maintain a strong connection between the sign and the word. The key is consistency.

Don’t know sign language? You’re not alone! There are some great websites, with video dictionaries and picture definitions, to help you communicate with your baby. Simple signs are easy to learn and the more you sign, say, and sign again, the faster you and your baby will be “talking.”

Check out these great informative websites:

<http://www.mybabycantalk.com/index.aspx>

<http://signingbaby.com/main/index.php>

Would You Like to Help Premature and Ill Infants?

By donating you extra breast milk to Mothers’ Milk bank of Ohio you could help save a baby’s life. Babies with issues such a prematurity, congenital anomalies, formula intolerance, and other illnesses are able to receive pasteurized breast milk by a doctor’s prescription. Mothers can donate to Mothers’ Milk Bank once you have collected 100 ounces. Mothers must be Non-smoking, be negative for HIV, HTLV, Hepatitis B and C and syphilis. For more information contact the Mothers’ Milk Bank at 614-544-5906 or milkbank@ohiohealth.com. You can also contact Jan or Tina for more information including viewing a sample application.

Stem Cells in Breast Milk

By: Kristy Bialko

Exciting research has emerged that breast milk contains stem cells. This new research shows us again about how little we know about the benefits of being breast fed. While we know that being breast fed can provide us with an IQ advantage, we do not know the extent of the benefits that breast milk provides. Researcher Dr. Mark Cregan says ““Researchers believe that the protective effects of being breast fed continue well into adult life. ... Formula companies have focused on matching breast milk’s nutritional qualities but formula can never provide the developmental guidance.””

Along with the benefits that are provided to the children that are breast fed, Cregan and other researchers are also excited about the implications the stem cells can have on research of many ailments and diseases, such as spinal injuries, diabetes, and Parkinson’s. Cregan has found that the stem cells found in breast milk are able to differentiate into multiple cell types which could “potentially be “reprogrammed” to form many types of human tissue.” Cregan’s discovery may also provide an answer to the ethical debate about how stem cells are harvested. While Cregan and his colleagues have much more research, this is an exciting development to keep an eye on.

Reference: <http://www.sciencealert.com.au/news/20081102-16879.html>



Cole Naugle: My 1st Bath



Aaron Naugle: My 1st Haircut

Mom Tested Resources

By: Jenny Taylor/ Kristy Bialko

www.babyfit.com A great website for tracking your meals. You can input your meals to track your calories and nutrition of the foods you eat. You can also track your workouts, look up recipes, and find parenting information. Perhaps my favorite area of the website is the forums. Moms from all over the world can post messages to one another to help with questions about your little ones.

<http://www.mamasource.com> A website to connect moms from the same area. A great place to post messages to receive messages from other moms.

www.diaperswappers.com - it's a message board all about cloth diapers. You can buy, sell and trade diapers there, as well as learn all about different cloth diaper options. They've definitely come further than pins and plastic pants!

www.thebabywearer.com - is a message board all about wearing your baby. From slings, to wraps, to soft structured carriers, there are tons of different options available. For someone who has a colicky baby, this can be a lifesaver (and a sanity saver!). Wearing the baby towards you also counts as tummy time - so that's a great way for the kids that don't enjoy tummy time to get the same sort of stimulation.

Upcoming Children's Resales & PTA Sales

Olmsted Early Childhood PTA
Children's Bargain Bonanza
Saturday March 8th
Olmsted Middle School cafeteria
27045 Bagley Road, Olmsted Township
8:00 am-9:00 am - \$5
9:00 am-1:00 pm - \$1
3:00 pm-4 pm - bag sale

North Royalton Early Childhood PTA
Spring Children's Resale
Saturday March 8th
North Royalton HS Cafeteria 1
8:00 - 9:00 am - \$5
9:00 am - 1:00 pm \$1

North Ridgeville Early Childhood PTA
Saturday, March 29
North Ridgeville High School,
34600 Bainbridge Road, North Ridgeville
8:00 a.m. - 9:00 a.m. - \$5 admission
9:00 a.m. - 12:00 p.m. - \$1 admission

Westshore Mothers of Twins Club
Saturday, March 29
Irish Heritage Club in Avon Lake
726 Avon Belden Road, Avon Lake
8:00 a.m. - 9:00 a.m. - \$5 admission
9:00 a.m. - 12:00 p.m. - \$1 admission

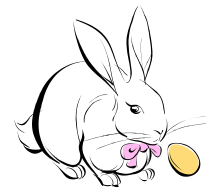
Westlake ECPTA Kiddie Klostet Resale
Saturday, April 5
Westlake High School
27830 Hilliard, Westlake
8:00 a.m. - 9:00 a.m. - \$5 admission
9:00 a.m. - 12:00 p.m. - \$1 admission

Emerald Valley Mothers of Multiples Club
Saturday, April 5
Valley Forge High School
9999 Independence, Parma
8:00 a.m. - 9:00 a.m. - \$5 admission
9:00 a.m. - 12:00 p.m. - \$1 admission

North Olmsted Preschool PTA
THE SPRING RESALE
Saturday, April 5th
St. Clarence Parish Hall
30106 Lorain Road
8:00 a.m. - 9:00 a.m. - \$5 admission
9:00 a.m. - 12:00 p.m. - \$1 admission

Avon Lake PPTA Spring Closet Kids Resale
Saturday, April 12
Avon Lake High School Aux. Gym
175 Avon Belden Road (State Route 83)
8:00 a.m. - 9:00 a.m. - \$5 admission
9:00 a.m. - 12:00 p.m. - \$1 admission

Lakewood Early Childhood
PTA BABY BARGAIN BONANZA
Saturday, April 12
Lakewood High School, East Cafeteria,
14100 Franklin Boulevard, Lakewood
(Corner of Franklin & Bunts)
9:00 a.m. - 10:00 a.m. - \$5 admission
10:00 a.m. - 1:00 p.m. - \$1 admission



Area Events

3/4 - Volunteer Training for Lorain County Rape Crisis
5:30pm - 9:00pm Please contact Lorain County Rape Crisis at (440) 282-2315 or (440) 282-2296

3/7 - 3/9 - Lorain Palace Theater: National Treasure Book of Secrets PG 7-8:30 pm \$3.00 all ages

3/8 - 3/16 - Pat Catans Bridal Fair [1955 Cooper Foster Park Road](#), Amherst , OH 44001

3/14 - 3/16 - Lorain Palace Theatre: The Bucket List PG-13 7-8:45 pm \$3.00 all ages

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3/15 - Community Easter Egg Hunt

Annual Community Easter Egg Hunt hosted by Anchor Lodge. Easter Bunny arrives at 12:45pm on our local Fire Truck and the Egg Hunt begins promptly at 1:00pm. Ages:1-10 "Snacks & Beverages served on our indoor Boardwalk" Bringing our Senior Citizens and children together for a fun filled day [Anchor Lodge Retirement Village 3756 West Erie Avenue](#) Lorain, OH 44053

3/20 - Free Seminar - Become a World Class Real Estate Investor [Avon Lake Public Library](#) seating is limited so call 440.244.4623 x2 or email jdiskodny@yahoo.com to reserve your space. 3 day event

3/21- Lorain Palace Theatre: The Spiderwick Chronicles PG 7-830 pm \$3.00 all ages

3-22 2nd Annual Bunny Brunch & Craft Fair: Craft Fair, bake sale, egg hunt & raffles. Craft Fair will be from 9 am - 3 pm

Brunch will be from 9 am - 1 pm.

Cost: \$5 (adults/students k-12)

\$3 (seniors/children). Additional information can be found at www.cardinalathleticboosters.com

3/22 - Spring Egg Roll: Children ages 0-8 are invited to hunt for eggs with the Easter Bunny in downtown Oberlin!

Ages 6-8 – 11:00am on Tappan Square across from the Java Zone

Ages 4-5 – 11:15am on the Oberlin Inn Lawn

Ages 0-3 – 11:30am on the New Union Center Lawn

3/23 - Easter Buffet 11:00 am - 5:00 pm Oberlin Inn

Adults \$23.95

Seniors 60 + \$19.95

Children 6-12 \$9.25

Children under 5 Free

Reservations Required More INFO <http://www.loraincountv.com/calendar/?e=43660>

Deals of the Month!!!!

If you see any great deals to include in the Next Issue, please send them to: emhbnewsletter@gmail.com

\$5.00 Off 3 Jumbo Packs of Luvs at Target

http://www.luvs.com/en_US/images/luvs_target_email02/images/TY046_Luvs_webcoupon.pdf

Free Pull-Ups Training Pants <http://www.pull-ups.com/na/specialoffers/coupon.asp>

Free Window Covering Safety Kit

http://www.amsolution.com/v5fmsnet/ordent/OfferList.asp?XPath=*1&xgroup=1&NotMain=0&PmSess1=76

H & R Block \$30 Off Tax Preparation <http://i90.photobucket.com/albums/k264/bomb3rz/Coupon.jpg>

Hollywood Video Rent One Movie Get One Free <http://www.hollywoodvideo.com/specials/visa.aspx>

Baskin Robbins Birthday Club <http://www.baskinrobbins.com/BDayClub/RegisterInfo1.aspx>

Free Pregnancy & Ovulation Test Kits plus Coupons

<http://www.1stresponse.com/resourceCorner/freePlanningGuide.asp>

Orajel \$1.50 Rebate <http://www.orajel.com/rebate.pdf>

Baby Spotlight

Andrew Nagy

Birthday: October 20th, 2006

Favorite Food: blueberries, toast, green beans

Favorite Book: Disney toddler look and find

Favorite Show- Sesame Street

First Word: Tickle

How old was I when...

I first Rolled Over? 4 months

I said my first word? 9 months

I first Crawled? 8 months

I first Walked? 12 months



Andrew is a great baby! He is getting too big too fast. He is a non-stop talker now (I have no idea where he gets that from heehee) He loves his Daddy and his 2 big sisters. Thanks to Jan and Tina he has found the first 16 months of his life pretty healthy and happy! He is super smart and misses all his friends at "Boobie College"!! This is a picture of Andrew at his Grandparent's 50th wedding anniversary party!

Redbook

Our very own friends Jenny and Nora Taylor have appeared in Redbook Magazine. Jenny and two of her friends from this area chronicle their stories on becoming pregnant. The women had very different experiences in becoming pregnant. To view their stories, follow the links below:

Article one: http://www.redbookmag.com/your/0207-fertility-diaries?click=main_sr

Article two: http://www.redbookmag.com/your/0407-fertility-diaries?click=main_sr

Article three: http://www.redbookmag.com/your/0607-fertility-diaries?click=main_sr

Article four: http://www.redbookmag.com/your/0907-fertility-diaries?click=main_sr

Article five: http://www.redbookmag.com/your/mothers-at-last?click=main_sr

Our Babies In Action

Watch Kaity Harsa as she scoots backwards and says "Dada"

<http://s23.photobucket.com/albums/b376/juslilonikki/Firefly%20proboard/?action=view¤t=DSCN1564.flv>

<http://s23.photobucket.com/albums/b376/juslilonikki/Firefly%20proboard/?action=view¤t=DSCN1539.flv>

Watch Alexandria Bialko as she crawls for the first time.

<http://youtube.com/watch?v=BoYXxAqOlhk>



Thank You Jan & Tina

Dear Jan and Tina,

All the Moms, Dads, and Babies of Support Group would like to say a very special Thank You for all the help, love, and support you have provided to our families. As part of our appreciation, some families have written about how important you both are in their lives. Since you have made a difference to so many people, all of the letters could not be included so here are a few quotes from the many thanks you have received.



“Jan and Tina, you have both helped me immensely. I can honestly testify that had it not been for your guidance and care, I would not have had success breastfeeding. And, as you know, the breastfeeding is more than just nourishment. I knew that breastfeeding my son would be the absolute best thing I could do for him...and you allowed me to be the kind of mother I had always wanted to be.”

Sincerely Kristin, Andy, & August Hoops

“I had such a wonderful experience with Jan, Tina and EMH. Without them [Jan and Tina] I would not have been able to do it ... We attended the support group and called them quite often at first and still call with questions from time to time. They are both so enthusiastic about what they do.”

Dr. Holly A. Cox, Matt and Sam.



“Without Tina and Jan, I would have probably stopped nursing while still in the hospital when Ethan was born. I was in such bad shape after Ethan was delivered Cesarean but Tina and Jan were right there to encourage and do everything humanly possible to help get Ethan latched on. We were not going to give up. They always returned my calls quickly when I had questions. And then I was in EMH in September when he was 13 months old. I went in through the ER and called Tina and Jan as soon as I knew they were going to have to do a C.T. scan to try and find a diagnosis. I was very concerned about all of the tests that were being done because I was still nursing Ethan. Tina and Jan were so sweet and always made me feel like I was definitely doing the right thing continuing to nurse Ethan.... They are much more than “lactation consultants” they are wonderful friends and we (The Taylors) love them both for that!!!”

The Taylors
(Pam, Rob, & Ethan)



“Without the help and support of Jan and Tina, I have no doubt that my daughter would not be breastfeeding today. Alexandria was born at 35 weeks was only 5 lbs. 14 oz, jaundiced, and had a poor suck reflex. Jan and Tina visited us in the hospital multiple times every day we were there. They even included my husband in breastfeeding and told him how he could help. At first Alexandria would not suck correctly, but Jan and Tina continued to help and did not give up on us. It was amazing how I felt like Alex would never latch correctly but Jan and Tina had the magical touch and she would always latch perfect and eat a lot when they were helping. With their continued

support, I found that our visits tapered off and eventually Alex was a star at breastfeeding. Today Alexandria is 8 months old and we have a great breastfeeding relationship that I contribute much of our success to the help and support of Jan and Tina. Thank you both for all of the help, friendship, and love you have provided to our family.”

Kristy, Matt, & Alexandria Bialko

“Jan and Tina both helped me when I started breastfeeding. They helped me do what I almost thought was impossible. I thought they were nuts for thinking I of all people could breastfeed. I worked full-time, raised Dominic on my own and somehow managed to breastfeed for 7+ months. They always answered my questions and phone calls right away and always were there for me not only for breastfeeding, but they were my support mentally! They gave me the strength to make it through a lot of hardships all the while still breastfeeding. I just have to say thanks guys for helping me---VERY appreciated!!! I know you'll help many more like me.”

Kristy Koviak



“I can't say enough. I really didn't know anything about breastfeeding except it was good for my baby. So I did it. Wow was I in for a rollercoaster ride! I would call day and night for help and support. Jan and Tina I want you to know that without you guys I would have given up long ago. Now my son is 4 months and we are still exclusively nursing. I am proud to say I have a breast fed baby. It takes more than just being a mom to dedicate yourself to be this child's only source of nourishment. Without the support of the group and of course Jan/Tina I don't think I would have survived the first few weeks. Thank you for the

encouragement when it hurt, the advice when he was on strike, and most of all the love you give all of us and our baby's.”

Christy, Nate, and Alexander Wolshuck

“Jan and Tina, thank you so much for your encouragement and support throughout the past five months. You have always made yourselves available (post-delivery at the hospital, over the phone and at support group) and are always willing to help, no matter how silly the question! I think I can speak for us all when I say that I feel very lucky to have you both as valuable resources and friends!”

Lauren Macias